

# Activ Adventures Bronze DofE Expeditions







**AIM**  
To **inspire** young people to develop **initiative** and a sense of **adventure** and discovery, by planning, training for and completing an adventurous **journey** as part of a **team**.

**BENEFITS**  
Sharing responsibility, teamwork, leadership, self-reliance, overcome challenges, decision-making, manage risk, taking responsibility, learn new skills. **FUN!**



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- A group of hikers is seen from behind, walking along a dirt path through a dense forest of tall, thin trees. They are carrying large backpacks and gear, suggesting an expedition. The scene is bright and sunny, with shadows cast on the ground.
- TRAINING DAY - First Aid, Kit & Equipment, Map Skills, Food & Cooking, Tents
  - 2- DAY TRAINING EXPEDITION
  - QUALIFYING ROUTE PLANNING & KIT HAND OUT SESSION
  - 2-DAY QUALIFYING EXPEDITION



# WHAT HAPPENS ON EXPEDITION?



Expeditions take place not too far from home, in a location accessible by public transport or parent drop off.

As a team you will travel through the countryside, through fields and woodland, passing farms and villages following a planned route.

The first expedition is a Training Expedition where teams are taught navigation and campcraft skills. The Qualifying Expedition is completed self sufficiently without help from outside the team.





# WHAT HAPPENS ON EXPEDITION?



## Key info;

- 6/7 people in a team
- 6 hours walking each day
- Following a route the team has planned
- Carrying everything needed in a rucksack
- Camping overnight
- Cooking on camp stoves



# CHALLENGES vs BENEFITS



**BLISTERS**

**LOST**

**EXHAUSTED**

**EMOTIONAL**

**OUT OF  
COMFORT ZONE**

**WET**

**COLD / HOT**

**UNEVEN  
GROUND**

**ACHING**

**VS**

**DETERMINATION**

**CONFIDENCE**

**INDEPENDENCE**

**AMAZING  
MEMORIES**

**POSITIVE MENTAL  
ATTITUDE**

**MANAGING  
RISKS**

**VISIT BEAUTIFUL  
PLACES**

**DECISION  
MAKING**

**FRIENDSHIPS**





## WATERPROOFS

- Jacket and Trousers
- Taped Seams
- Hood on Jacket

## WALKING BOOTS

- Over the ankle
- Well fitting
- Good grip on sole

## RUCKSACK

- Must have a supportive hip belt
- 65 litres approx

## SLEEPING BAG

- 2-3 Season
- Temperature to 0°
- Synthetic material





# D OF E EXPEDITIONS

**Activ  
Guide**





# ANY QUESTIONS?

